

JUDGE, please *** <u>BE CONSISTENT</u> ***		In High School we do not compare our divers to the Olympics. Rather, these are RELATIVE ranges against others in the same meet on the same day, in the same session.	
HIGH SCHOOL (NFHS) SCORE RANGES	SCORE RANGE TERMINOLOGY		
9.0 - 10.0	Exceptional	Completed the dive without any noticeable flaws; this dive was far superior as compared to every other dive performed by anyone/everyone else in this event/group	
7.5 - 8.5	Excellent	Completed this dive better than 80% of all others in this event/group but there remain areas that require improvement	
6 - 7	Good	Completed this dive well, but overall and/or certain components could improve compared to others in the event/group	
4.5 - 5.5	Satisfactory	Completed the dive but various components were lacking; an average dive score compared to others in this event/group 4.5 max award if hands are not at side for foot-first entry	
2.5 - 4	Deficient	Completed the dive poorly, without grace, amplitude, or decent entry	
0.5 - 2	Unsatisfactory	1) possibly dangerous; too close to the diving board or got hands/feet in, but smacked 2) made the dive, but was sloppy, if twist began from the board, or was out of position	
0.0	Failed or Incorrect Dive	1) possibly did the wrong dive or did the dive in the wrong position 2) simply did not complete the dive as listed (may be too much or not enough twist)	
Whole-Dive Components to Consider per NFHS. (X%) Value to the Overall Dive Score:	Approach:	10%	Front/Reverse ~ from the time the diver stands on the board until the hurdle Back/Inward ~ from the time the diver "sets" to begin the hurdle
	Hurdle:	10%	Front/Reverse ~ Height of "hurdle leg" lift, height, step-down, and board contact Back/Inward ~ arm swing to the bottom of the press
	Takeoff:	15%	All Directions ~ from the time the diver actually leaves the board to attempt the movement(s) of whatever dive has been called-out by the referee/announcer Back/Inward ~ no more than 4 oscillations before moving arms to starting position; oscillations may continue with arms in take-off position; excessive oscillations are deductible; feet should not crow-hop (0.5-2.0 deduction either/both)
	Flight:	20%	All Directions ~ diver demonstrates connection/control of the dive in the proper position (ABCD); with good form (body tightness, foot/toe point); if twisting or somersaulting diver spots their rotation(s) to know when to come-out of the dive
	Position(s):	20%	Straight "A" ~ body shall not be bent at knees or hips, knees and feet together Pike "B" ~ body shall only be bent at the hips, legs straight and together Tuck "C" ~ body bent at the hips and knees, knees at or inside the shoulders Free "D" ~ Twisting (TW) any combination of positions may be used; legs together
	Entry:	25%	All Directions ~ entry into the water should flow in the direction of the dive with a straight body and pointed feet/toes; vertical entry is defined from the knees to toes; less splash or washover is part of consideration (rip entry); arms at the diver's side for foot-first entry (deduct 2.0); for head-first entries hands must be together and clasped above head and in-line with body Approximate Distance ~ too close (dangerous) or too far away (no control of flight)
High School Score Ranges NFHS		<u>This High School Scoring Outline Provided By</u>	
		The California Diving Academy	
		510-859-3149	
		www.CALdiving.org	
			